

B.J. NOVAK  
HAS 'ONE MORE  
THING' TO SAY

PAGE 13

# metr

NEW YORK CITY'S #1 FREE DAILY NEWSPAPER

Tuesday, February 4, 2014 [www.metro.us](http://www.metro.us) | t: MetroNewYork | f: MetroNewYork



# Triple whammy

**More to come.** Weather forecasters are warning that the city will be slammed by at least one more snowstorm this week — and possibly two. **Winter death.** A 73-year-old man was struck and killed by a snowplow that was backing up on Monday in Brooklyn. PAGE 02

Parts of New York City received more than eight inches of snow by 6 p.m. on Monday night. More snow is expected on Tuesday evening. / GETTY IMAGES

**Jim Cramer:  
Going from  
homeless to  
millionaire**

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**Kids need  
to learn  
their black  
history**

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**Santa Fe: A  
tapestry of  
great travel  
experiences**

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# 1

## NEWS

### Quoted

"We had 1.5 million people, at some point, experiencing Super Bowl Boulevard. That includes close to 25,000 people, I think, who were on the toboggan run, including yours truly."

Roger Goodell  
Commissioner of the National Football League

### Top 3

**What's trending online at Metro.us**

**1** 'PHOTOS: Scene outside Philip Seymour Hoffman's NYC apartment'

**2** 'VIDEO: Excited Seahawks fan dances on camera without pants (NSFW)'

**3** 'VIDEO: Georgia lawyer Jamie Casino makes epic local Super Bowl ad'



The storm, which will span Tuesday evening to Wednesday, could drop an additional three inches of snow on the city. / GETTY IMAGES

# More snow expected to blanket NYC this week

**Winter.** The city is expected to get two more sizable storms over the next couple of days.

After being slammed with over half a foot of snow Monday, forecasters predict even more coming to New York City.

"We are facing not one, not two but three storms potentially this week," Mayor Bill de Blasio said during a briefing Monday.

New snow and sleet accumulation could reach up to three inches Tuesday night, according to the National Weather Service.

A winter storm watch was issued from late Tuesday to Wednesday afternoon. The weather service also said there is also a chance of snow from Friday night to Sunday.

This winter has been particularly snowy for the city. Last month, Central Park had the seventh snowiest January since 1870, according to the National Weather Service.

By 6 p.m. Monday, eight inches of snow accumulated in parts of the city.

The mayor said Monday's storm is likely the worst of the three this week, but assured that the city has "a very aggressive plowing operation."

The city has roughly

### Brighton Beach accident

#### Snowplow kills man in Brooklyn

A snowplow struck and killed a 73-year-old pedestrian in Brooklyn during the storm Monday, police said.

A backhoe used to clear snow was backing up when it hit Stanislav Chernyshov, who police said was crossing Oceana Terrace in the middle of the Brighton Beach block just before noon.

Chernyshov was taken to Coney Island Hospital with severe head trauma and pronounced dead.

He was crossing the block in front of his home when he was struck, police said.



The snow made the city streets slippery. / GETTY IMAGES

The plow's operator remained at the scene. Cops said that the investigation is ongoing.

Police said the plow was from a private company.

Parts of Brooklyn had

more than five inches of snow by noon and more snow is expected to fall later this week.

### Snowy winter

Through Jan. 29, the park saw 19.7 inches of snow last month, just 1.3 less inches than the typical winter snowfall during December, January and February combined.

- The park recorded 28.3 inches of snow Nov. 1 through Jan. 29, some 2.5 inches more than the normal snowfall for that area between November and April.

### On the go

**"I don't ever expect my fellow New Yorkers to be patient, I don't think that's part of our nature or our character."**

Bill de Blasio  
In response to those frustrated with plowing efforts

175,000 tons of rock salt on hand for use Monday and in upcoming storms.

"We are actively addressing this storm while preparing for the next two," de Blasio said. De Blasio said his administration implemented immediate changes following a review of the city's response to the most recent storm, which was criticized by several neighborhoods around the city.

The Department of Sanitation now has access to NYPD cameras to improve resource distribution.

Employees in various city agencies will also be

used as scouts to identify troubled locations in the five boroughs.

New routing for snow removal is also in the works.

While he insisted the city is doing their best to clear streets, de Blasio said he can understand why some New Yorkers have been frustrated with plowing efforts.

"I don't ever expect my fellow New Yorkers to be patient, I don't think that's part of our nature or our character," the mayor said.

ANNA SANDERS  
anna.sanders@metro.us



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*U.S. Half Dimes 1873 and Older	*U.S. Large Cent 1857 and Older
*U.S. Nickels 1913 and Older	*U.S. Half Cent 1857 and Older

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U.S. Silver Dimes - 1885-S.....Up To.....\$2,500
U.S. Half Dimes - 1802 Heraldic Eagle Reverse .....Up To.....\$15,000
U.S. Two Cent - 1864 Small Motto.....Up To.....\$1,000
U.S. Large Cent - 1847 Braided Hair .....Up To.....\$5,500

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## Painful Varicose Veins and Swollen Legs?

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Police stand guard outside of Philip Seymour Hoffman's apartment building. / MILES DIXON, METRO

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# Report: Police seek Hoffman's heroin dealer

**Search.** The NYPD are allegedly trying to track down where the drug came from.

Police are reportedly searching for the drug dealer who sold heroin to Oscar-winning actor Philip Seymour Hoffman before he died from an apparent drug overdose on Sunday.

A law enforcement source told the New York Post that an internal email was sent to NYPD supervisors asking if anyone is familiar with the brand

of drugs that were found in Hoffman's Greenwich Village apartment. The email asked if they had dealt with heroin marked "Ace of Spades" or "Ace of Hearts."

Police were said to have found nearly 50 bags of heroin with those labels inside the actor's home, the New York Daily News reported.

Hoffman was found inside his Bethune Street apartment shortly before noon with a needle stuck in his arm. The 46-year-old actor was unconscious on his bathroom floor, police said. EMS workers pronounced him dead at the scene.

The actor was film-

### Sad finale

# 50

Philip Seymour Hoffman was reportedly found with close to 50 bags of heroin.

ing the latest installment of "The Hunger Games," titled "Mockingjay - Part 2" when he died. Hoffman won an Academy Award for his portrayal of the author Truman Capote in the film "Capote."

The medical examiner's office conducted an autopsy on Monday.

**LAURA SHIN**

letters@metro.us

### Investigation

## Man shot to death outside Bronx housing development

Police are investigating after a 20-year-old man was shot dead outside a Bronx housing development Monday.

Cops found Marquis Brewer at 2:30 a.m. in front of Highbridge Gardens. He had multiple gunshot wounds, cops said.

No arrests have been made. **LAURA SHIN**

## NYPD. Man found hanged in city park

The body of a Brooklyn man was found hanging from a tree in Prospect Park Monday in an apparent suicide, police said.

Mikulas Ceselka, 56, was discovered with a rope around his neck around 3:45 a.m., according to a law enforcement official.

Ceselka, who lived nearby, was declared dead at the scene.

The Medical Examiner will determine the cause of death.



Prospect Park / GETTY IMAGES

Last August, a 53-year-old man was found hanged from a park tree, according to The Brooklyn Paper. **ANNA SANDERS**





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## Big numbers

## NJ Transit has record-setting ridership on Super Bowl day

Fans had to wait up to two hours to leave MetLife Stadium after the Super Bowl on Sunday as the NJ Transit system reported record-setting ridership.

More than 33,000 riders



MetLife Stadium / GETTY IMAGES

ers took shuttle trains in the three hours after the game finished, according to NJ Transit.

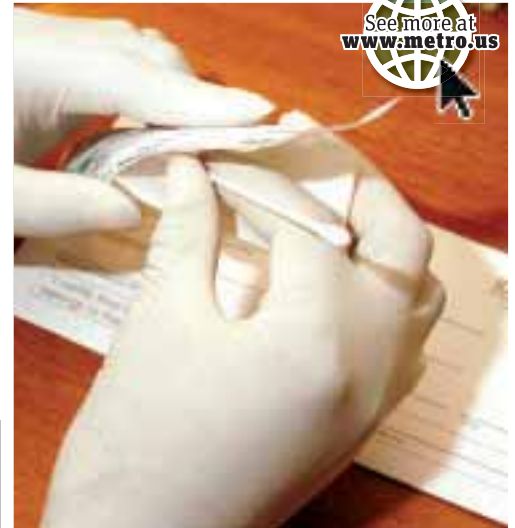
The shuttle, Meadowlands Rail, can move up to 12,000 fans an hour, according to the rail.

Buses were eventually dispatched to take more than 1,100 would-be train riders to the Port Authority in Manhattan.

Before the Super Bowl, officials encouraged fans to use mass transit to get to the big game. Nearly 28,000 rode rails from nearby Secaucus Junction to MetLife Stadium.

The previous record for NJ Transit riders was set in 2009, when more than 22,000 fans used the rail for a U2 concert.

ANNA SANDERS



The students had their cheeks swabbed for the project. / GETTY IMAGES

## NYC students trace roots in ancestry undertaking

**History.** The project will help the college-aged seekers find the origins of their families.

### The results

Students will receive their results during a symposium to be held at the American Museum of Natural History on April 23.

Two hundred New York City undergraduate college students will get a personalized history lesson this semester.

Students from across the city are participating in the New York City Student Ancestry Project, part of National Geographic's Genographic Project.

Participating students gathered at the American Museum of Natural History on Monday to swab their cheeks and submit their DNA in the first step to tracing their ancient family history.

National Geographic's Genographic Project is "a multi-year global research initiative that uses DNA to map the history of human migration."

Recently, it has become easier and cheaper to access human genomes, the entirety of a person's hereditary information, said Michael Hickerson, assistant professor of biology at the City College of New York, who is heading the student ancestry project.

**LAURA SHIN**

letters@metro.us

### Tracing DNA

While genealogy allows people to research their family history as far back as a couple hundred years, DNA can trace a person's ancestral history over thousands of years, according to the Genographic Project.

- Participating students represent colleges such as the City College, Queens College, Columbia and Stony Brook.
- The student project is funded by an NSF Grant.

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# Obama to visit Saudi Arabia to discuss security, tensions

**Friends.** The U.S. and Saudi Arabia have long been close allies on military and energy issues.

The White House said on Monday that President Barack Obama will travel to Saudi Arabia in March to meet with King Abdullah to discuss a range of security issues in the Middle East that have caused some strains in the bilateral relationship.

The rare visit, which comes at the end of an Obama trip to the Netherlands, Belgium and Italy, will include discussions about "Gulf and regional security, peace in the Middle East, countering violent extremism, and other issues of prosperity and security," the White House said in



President Barack Obama and Saudi Arabian King Abdullah Bin Abdulaziz Al Saud meet in the White House in June 2010. / GETTY IMAGES

## UN Security Council

- Saudi Arabia turned down a seat on the UN Security Council, in a display of anger at the failure of the international community to end the war in Syria.
- That month, Saudi Arabia's intelligence chief said the kingdom was looking at making a "major shift" in relations with the United States.

a statement.

King Abdullah met Secretary of State John Kerry in November and discussed concerns about the unwillingness of the United States to intervene in Syria and recent overtures to its arch-rival, Iran.

REUTERS

## Transition. Janet Yellen sworn in as first woman Fed chair

Janet Yellen was sworn in Monday as the chairman of the Federal Reserve's Board of Governors in Washington, while her predecessor, Ben S. Bernanke, joined the Brookings Institution as a distinguished fellow in residence.

The announcements completed a leadership transition, with Yellen becoming top policy maker as the Fed tries to wean financial markets off a bond purchase program that has pushed

up central bank assets to \$4.1 trillion. She is scheduled next week to report on monetary policy in semi-annual testimony before the House and Senate.

Yellen's oath of office was administered in the Fed's board room by Fed Governor Daniel Tarullo, the central bank said in a statement today in Washington. Her term will last through Feb. 3, 2018. She didn't make a public statement at the ceremony. BLOOMBERG



Federal Reserve Chairman Janet Yellen is sworn by Federal Reserve Board Governor Daniel Tarullo at the Federal Reserve Building on Monday in Washington, DC. GETTY IMAGES

## Bridge scandal

### NJ lawmakers receive documents in Christie probe

New Jersey lawmakers investigating a widening traffic scandal that threatens the political ambitions of Republican Gov. Chris Christie said on Monday

they had begun to receive some of the documents under subpoena for their probe.

A committee of lawmakers had issued the orders to a number of Christie's top aides, who faced a Monday deadline. The lawmakers did not give details of the documents they had received, and said



CHRIS CHRISTIE  
GETTY IMAGES

in a statement that many people had been granted extensions "as is typical in such situations."

The lawmakers are investigating whether George Washington Bridge lane closures were ordered by Christie's aides after a rival Democratic mayor declined to endorse Christie's re-election bid. REUTERS

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## Allegations

## Conn.: No open investigation of Woody Allen

State prosecutors in Connecticut do not have an open investigation on Woody Allen, a spokesman said on Monday, after the filmmaker's adult adopted daughter renewed allegations that he sexually abused her at age 7.

A prosecutor decided after an investigation in 1993 not to charge Allen, who has denied the allegations. Legal experts have said the statute of limitations on the case probably has run out.

"We have no pending investigation. If we were to receive a complaint, we would review it, as we do with any complaint, and take the appropriate action," Mark Dupuis, a spokesman for Connecticut's Division of Criminal Justice, told Reuters. **REUTERS**

# Facebook celebrates its 10th birthday, faces turbulent teens

**Share price.** The company's major challenge will remain how best to monetize a free service.

When a 2013 academic paper suggested Facebook could swiftly go the way of MySpace, the social media giant was able to laugh off the claims, showing that its client base was growing while the university in question was sliding.

But there are growing threats to the global leader. A flurry of apps like "Paper," which makes reading easier and integrates Instagram, and "Messenger," a no-frills riff on Snap-

chat, show the company's awareness that its crown is slipping in a white-hot competitive market.

"The rate of change has to keep pace with both technical innovation, and the changes in consumer taste," Matthew Rhodes, Director at FreshMinds digital strategy consultancy, told us. "Facebook is under massive pressure to keep changing, and I expect to see a vast new ecosystem of standalone apps for different purposes."

Zuckerberg suggested it would take the next "three to five years" to transition from a Web to mobile company, during which rivals like Twitter and Instagram could continue their rapid expansion alongside new competitors. **REUTERS**

## Stock value

## \$150B

Zuckerberg still has reasons to celebrate. More than 1 billion of us now hold accounts, with a steady increase in monthly users in every region of the world. Stock value has soared past \$150 billion after a disastrous initial flotation

## Teen users

## -25%

Teenage users are down 25 percent in the last three years, and the company's own research highlighted a "decrease in daily users, specifically among teens" as a leading concern. The classic formula is no longer enough, and the company is responding with creative gambles.

Zuckerberg looks to position Facebook's future while rivals such as Instagram and Twitter continue with their rapid growth. / GETTY IMAGES

## Florida

## Murder trial opens in shooting over loud music

A Florida murder trial, stemming from an argument over loud music at a gas station that ended in the shooting death of an unarmed black teenager, opens on Monday, reviving a debate over the state's gun control and self-defense laws.

Michael Dunn faces first-degree murder charges in the death of 17-year-old Jordan Davis on Nov. 23, 2012.

The white, middle-aged software engineer opened fire on a car with four black teenage boys inside that was parked next to him in the parking lot of a Jacksonville gas station convenience store in northeast Florida.

Dunn has said he feared for his life, drawing comparisons to the George Zimmerman trial. **REUTERS**

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# WHO: Drugs alone cannot curb cancer; prevention is crucial



## Cancer report.

Vaccines and public health policies are vital for prevention.

Governments must make better use of vaccines and preventative public health policies in the fight against cancer as treatment alone cannot stem the disease, a World Health Organization agency said on Monday.

The WHO's International Agency for Research on Cancer said cancer was growing "at an alarming pace" worldwide and new strategies were needed to curb the sometimes fatal and often costly disease.

"It's untenable to think we can treat our way out



Cancer screenings are an important step to prevention. / GETTY IMAGES

## Scientists

# 250

The World Cancer Report, which is only produced roughly once every five years, involved a collaboration of around 250 scientists from more than 40 countries.

of the cancer problem. That alone will not be a sufficient response," Christopher Wild, IARC's director and co-editor of its World Cancer Report 2014, told reporters at a London briefing.

"More commitment to prevention and early

detection is desperately needed ... to complement improved treatments and address the alarming rise in the cancer burden globally."

It said access to effective and relatively inexpensive cancer drugs would significantly cut death rates, even in places where health care services are less developed.

The spiraling costs of cancer are hurting economies of even the richest countries and are often beyond the reach of poorer nations. In 2010, the total annual economic cost of cancer was estimated at around \$1.16 trillion.

Yet around half of all cancers could be avoided if knowledge about prevention was properly implemented, Wild said. **REUTERS**

## More evidence. HPV vaccine doesn't promote risky sex

Young women who get the human papillomavirus vaccine don't see it as a license to have more sexual partners or forgo condoms, a new study confirms.

The U.S. Centers for Disease Control and Prevention calls for both girls and boys to be vaccinated against HPV, the sexually transmitted virus that causes cervical cancer.

Some parents have been concerned that the

vaccine might promote risky sex, however, and the issue of HPV vaccination became a topic of debate during the 2012 Republican primaries.

But in the new study, even the small group of girls who misunderstood their risk of sexually transmitted infections after getting vaccinated didn't change their behavior as a result, researchers found.

**REUTERS**

## Anabolic-androgenic

## Gay and bisexual boys are more likely to abuse steroids

Gay and bisexual boys are almost six times as likely as their heterosexual peers to misuse steroids, according to a new study.

"What was most surprising to us was the magnitude of the disparities that emerged between sexual minority and heterosexual boys," Aaron J. Blashill from Massachusetts General Hospital in Boston told Reuters Health in an email. **REUTERS**

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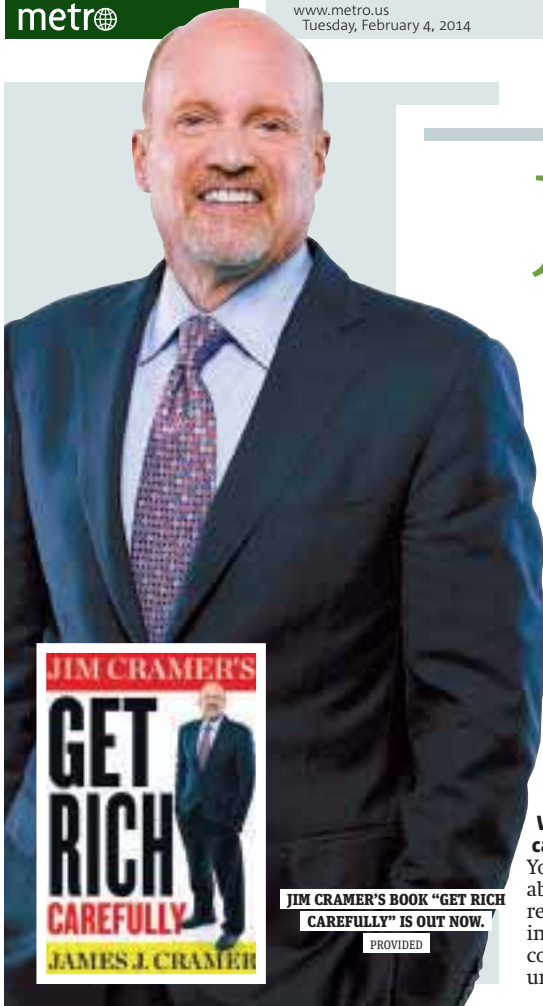
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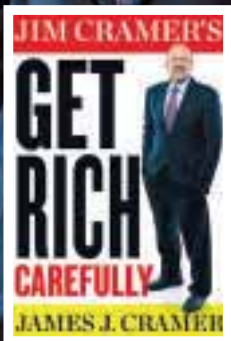
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# JIM CRAMER

We sit down with the eponymous host of "Mad Money with Jim Cramer" about his new book and finding the sweet spot in the stock market.

## MASTER THE STOCK MARKET



JIM CRAMER'S BOOK "GET RICH CAREFULLY" IS OUT NOW.

PROVIDED

Jim Cramer is spilling his insider secrets in his new book, "Get Rich Carefully." We called him for tips on conquering the stock market.

### What does "get rich carefully" mean?

You need to be thinking about stocks that have real staying power. Chasing daily performance coupled with lack of understanding about

why a stock goes up or down has driven people away from investing in a world where investing can be really lucrative, especially for those who start early.

**Mutual funds are often thought of as the more reliable, safer bet, while individual stocks are more of a risk. Should people stick with mutual funds or invest in individual stocks?**

I'm very much in favor of mutual funds. I think the first \$10,000 that you're able to accumulate should be a mutual fund, because you can't be diversified the way you'd like to and diversification is really the key for long-term wealth. But once you put away \$10,000 and you have about \$200 a month to invest, I would put \$100 of it in a mutual fund and \$100 in an individual stock.

### What should people keep in mind when choosing individual stocks?

There are companies that are ready to break themselves up to increase the value, and I marry that with some of the CEOs that I think are really successful, who are investing in individual CEOs and looking for investing themes. That's been the hallmark of what I've been doing for the last five years.

### If you go

#### Meet Jim Cramer

Jim Cramer will be in New York City this week to discuss new ways to invest and the 21 CEOs he thinks are bankable.  
**Feb. 5, 7:30 p.m.**  
**Barnes & Noble, Union Square, 33 E. 17th St., 212-253-0810**  
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## Bad start. Emerging markets strike, hitting Wall Street hard

Wall Street has its worst start to the year since 2010 and the S&P 500 posting its biggest monthly drop in more than a year and a half. Most of the worry is centered around emerging markets. Jeff Saut, chief strategist at Raymond James, says equities were set for a pullback anyway, emerging markets just happened to be the catalyst.

"You've got a lot of hot money that was borrowed in Japan in yen terms, converting those yens to pesos and buying things like the Argentine bond market on 10, 20, 30 times leverage. And then, when the bond market crashed overnight with the raise in rates, with a concurrent crash in their currency, the hot money crowd started losing money really fast," he says.

Corporate headlines added to Friday's weakness after an attempt at a rally fell short. As for the week: Blue chips lost 1.1 percent,



while the Nasdaq gave up six tenths of a percent. Amazon.com weighed on the market a day after the company missed Wall Street's estimates and warned of a possible operating loss.

On the consumer front, Wal-Mart shaved its outlook for the fourth quarter and is guiding toward the low end for the fiscal year. Lower-income shoppers are being hurt by a cut

in food stamp benefits. Meanwhile, a separate survey shows middle-income shoppers not feeling better this month, leading to a drop in consumer sentiment. **REUTERS**

### By the numbers

# 1.1%

Posted loss by blue chip stocks last week

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# 2

## CULTURE



### Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Jeff Ross is getting frustrated, Lil Wayne is a hopeless romantic, Whitney Cummings is fed up and Judd Apatow feels like some kind of monster.

@realjeffreycross: Still looking for my car in the parking lot #Superbowl

@LiITunechi: Girl ya know I luv ya and I care 4 ya I got sum new shoes and a bag of hair 4 ya

@WhitneyCummings: Stop saying some random dumb thing is "everything" because then I have to sit there and exert all this energy trying not to roll my eyes

@JuddApatow: Whenever they show a hairy man's back on a commercial as a punch line I feel sad because I am always hairier than them.

When women dream about getting engaged, I'm pretty sure that the words "take dat" don't tend to feature in the proposal. (Though, actually, the thought of some dude getting down on one knee and gently slipping a diamond on my finger while shouting, "TAKE DAT!" in my face sort of just made me reconsider my views on marriage, in a good way. Attention: Future suitors of America.)

It worked on the now-fiance of Puff Daddy (I've said it once, I'll say it again: Sean Combs will always be Puff Daddy to me). To be specific, the hashtag #takedat worked. Because, yes, Puff Daddy proposed to his girlfriend Cassie Ventura on Instagram. It's a brave new world, people. And by "brave," I mean "crappy." And by "new," I mean "I'm pretty sure that civilization is doomed."

Forget jumbotrons. Who needs some big, tacky proposal schtick when you can pop the



Instagram: a place to post pictures of your food and your cat and to propose everlasting love. / GETTY IMAGES, INSTAGRAM

question to a lucky lady with an X-Pro II filter (though, really, Valencia is a lot more romantic) and absolutely no effort at all? Not Puff Daddy,

who proposed to Ventura over the weekend by posting a photo of the huge-ass ring, along with the words "Baby do you like it? I just want to get

you wat you Like! I just wanna Mk you smile :)" She must have liked "wat" she saw because she said yes. But, #no-filter, if my boyfriend

proposed to me on social media, in broken English, accompanied by a happy face emoticon, no less, the answer would probably be "pass."

## Zimmerman to West: Wanna fight?

File this item under "Uh, what?"

George Zimmerman (remember that guy? Yeah, the one giving OJ a run for his blood money for title of "Why Didn't This Dude Go to Jail for Murder? No For Real, What's Wrong With the Justice System in America?") is set to participate in a "celebrity boxing tournament."

I'll just let that one sit there and simmer (Zimmer?) for a long moment.

Good? OK, I'll go on. He's expressed an interest in fighting Kanye West in said tournament.

Need a breather? Sure. Ready? Here is the reason the professional d—bag would like to get the professional rapper in the ring: because of Kanye's habit of, according to TMZ, "attacking defenseless people."

I just... You guys. I mean... I feel... I can't.

There are so many levels of irony/tragedy/crazy/ [insert a word that means terrible that ends with a "y"] in that statement, that I can't even begin to address it, much less come up with a witty one-liner about it.

I think I'll just wrap this up by saying that this is one of the first times I've ever been in Kanye's



Kanye West is in fighting shape, and wouldn't America love to see him knock out George Zimmerman? / GETTY IMAGES

## THE WORD

Alexandra Cavallo takes on the world of gossip.

ALEXANDRA CAVALLO  
@AlexCavallo  
alexandra.cavallo@metro.us

proverbial corner when it came to someone wanting to fight him. And I think it goes without saying that, if Ye declines this bizarre invitation to spar with Zimmerman, there are about 300 million people ready to step in and take his place in that ring.

## Miley reacts to racism accusations and, oh yeah, poses nude

Miley Cyrus could either be the next Madonna or the next Howard Hughes. The next Michael Jackson or the next, well, Michael Jackson. In other words, she could be an enduring superstar or completely flame out, and a profile by Ronan Farrow in W makes both seem equally likely.

Among the topics covered: She hates to leave her house and doesn't listen to people unless they're talking about music.

Another thing Miley doesn't like to listen to are accusations that her act, which frequently involves spanking and groping women of color, is offensive. "I don't give a s—," she says. "I'm not Disney, where they have, like, an Asian girl, a black girl and a white girl, to be politically correct, and, like, everyone has bright-colored T-shirts. Anyone that hates on you is always below you, because they're just jealous of what you have."

It's probably not a great idea to respond to accusations of racism with "You're below me." That could be misconstrued. Or, you know, correctly construed.

Oh yeah, she also posed nude in photos for the story, but that's not really news at this point, is it? (It is worth noting that she weirdly looks like Ke\$ha in them.) MELINDA TAUB





A lot of people probably know B.J. Novak best, as he puts it, as "that guy from 'The Office.'" And yeah, he was really funny as Ryan the intern bro-turned-full-time employee. But Novak, who also wrote for the long-running sitcom, considers himself first and foremost a writer. He just penned his debut book, a collection of short, irreverent stories called "One More Thing." We got Novak on the line to talk about more than just one of the things we wanted to know.



# B.J. NOVAK

"The Office" writer/actor just released his first book of fiction.

## 'ONE MORE THING' ON HIS RÉSUMÉ

### Did this feel more personal than previous projects?

It feels a lot more personal! And the irony is, I didn't think this was a personal book at all when I started it. I thought this was really just a book of pure comedy and entertainment. Unlike my best friend Mindy [Kaling], who wrote a memoir, I'm not really a personal writer, I don't really have stories or opinions to share. I would bore people. So I thought, I guess I'll just share fictional stories and be as funny as I can. But before I knew it I was putting so much more of myself into it, my own opinions, fears, neuroses and fantasies.

### You have an Instagram account (Pictures of text) where you just post words. What's your favorite word?

Oh, I have a number of them. "Favorite" is actually one of my favorite words. It's becoming quite popular now, because it's an action: You can favorite something online. I like a lot of positive words. I like "pretty." I think that "pretty" sounds similar to what it's describing. And I like dismissing something as pretty, too. You know, "That's a pretty idea." [laughs] That's not a compliment.

### Least favorite? A lot of people don't like "moist."

That's a very commonly disliked word. What word don't I like? "Lousy."

### That's an interesting one. For me, it's "panties." I can't handle that word.

A lot of women don't like that one! There's another word with a P that girls don't like either...

### I don't know if we can say that one in this paper. There's a story in the book, "Nobody Goes to Heaven to See Dan Fogelberg." Do you think he'd be insulted?

I hope he'd like the story! I feel, as popular as I am, nobody would go to heaven to see B.J. Novak. I might be the best comedian in Milwaukee on a Tuesday night in January, but would anyone see me if Steve Martin were down the street? Or if Woody Allen was still performing? If Jack Benny was still alive? Who knows who the greatest performers of all time are. We're all really stars of our circumstances, and that's something I used to think a lot about. In the face of perfection, how do you find meaning? Because none of us are Elvis, really.

### If you go

#### B.J. Novak

Feb. 7, 7 p.m.  
Barnes & Noble Union Square, 33 E. 17th St.  
Free  
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We're Dan Fogelberg.

### If you could see any musician perform in heaven, who would it be?

I'd want to see Kurt Cobain. He meant a lot to me when I was growing up.

### There are comedians who I feel, if we met, we'd be buds. Is there anyone you feel that way about?

Oh, that's a great question! David Letterman. Every time I'm on his show, I know that I'm just a guest, and that everyone is just a guest to him, but I really think if he'd let just one more friend into his life, just one, we'd really get along. He just seems so wry and chill and smart.



ALEXANDRA CAVALLLO  
[alexandra.cavallo@metro.us](mailto:alexandra.cavallo@metro.us)

### Q&A

### Were you sad when "The Office" ended, or was it a relief?

It was both. Every now and then I drive by the old set, or the highway exit I used to take, or see the old gang, or catch an episode on TV, and it does make me wistful for the past a little bit. It's like if your high school or college photos were on TV every night at 7:30 — you'd probably reminisce a lot, too. But in general it was very exciting and freeing to be out of it.



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**Memoir.** Embracing who you are isn't always easy.

Janet Mock is on a quest to conquer silence, one word at a time. In her memoir, "Redefining Realness," her story of growing up as a transsexual is also a manifesto of visibility, rooted in the literature and rhetoric of identity politics. Yep, she's a smart one, with an NYU master's degree to prove it.

Mock is eager to stress that being transgender is just one part of an identity that includes being a woman of color from a low socioeconomic background. "I grew up in a world where black and brown bodies were not valued," she says. "There were all of those systems of oppression; it's a story of navigating all of that."

With forthright, erudite language, Mock tells anecdotes of watching Beyonce on TV as a teen, and of her struggles communicating with "super loving but super limited" parents, ill-equipped to accept the person whom they considered their son. Mock feels lucky

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Tuesday, February 4, 2014

BOOKS 14



## JANET MOCK REDEFINES EVERYTHING

Mock seeks to break down barriers and address the fight for visibility in the transgender community. / PROVIDED

If you go

**Janet Mock in conversation with Laverne Cox**

**March 11, 7:30 p.m.  
New York University  
Kimmel Center  
60 Washington Square  
So., Suite 802  
Free, 212-998-4900**

to have had access to advice from the transgender community in Honolulu, Hawaii, and the emotional support of her best friend Wendi, also transgender.

The pressure to represent the transgender community isn't something Mock takes lightly. Activism and political visibility underlie "Redefining Realness" and show promise that this memoir won't be Mock's final word on how transgender women of color are perceived. She sees activism as vital, particularly when transgender women are bombarded by invasive questions about their genitals, as model Carmen Carrera was recently on Katie Couric's talk show. Transgender and gender-nonconforming individu-

Institute at UCLA School of Law.

"If a marginalized person wants to be heard, [he or she has] to be exceptional," says Mock of the mantle of respectability she feels she is charged with maintaining. "You need to have a master's degree, you need to have your talking points, you need to be smiley — all of these things, while people are asking the most ridiculous questions."

With "Redefining Realness," Mock doesn't stop at the definitions of what is "real" for transgender women — she imagines what could be.



**JULIA FURLAN**  
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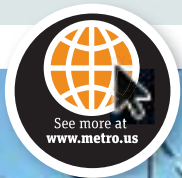
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# FIND YOUR OWN WAY IN SANTA FE

The art of Santa Fe embraces its home at the foot of the southern Rocky Mountains. / EVA KIS, METRO

## Get inspired.

This city has it covered for art lovers, foodies and outdoorsy-types.

If you come to Santa Fe, be prepared to have the city change you.

Inspiration is everywhere, beginning with the sunset hues of adobe that has been used in its architecture since Native American tribes settled in New Mexico centuries ago. The versatility of its signature ingredient, the chile, means the city's more than 250 restaurants have found ways to incorporate it into every meal. As the oldest U.S. capital and a gateway to the West, its history tells an entirely different American story from the colonial Northeast. Yet the city feels thoroughly cosmopolitan, while remaining connected to nature.

Life is just better in Santa Fe. Whether you're an art lover, a foodie or an outdoor enthusiast, there's something to inspire you.

## Art and culture

Santa Fe has drawn artists for decades with its quality of light, the tranquility of its foothill shelter and the sense of history and connectedness to nature preserved by its architecture. The most notable artist is the painter Georgia O'Keeffe, who commands an entire museum. In addition to painting workshops, the museum offers classes in poetry writing, family art and even a hydrology expert discussing the lakes

that inspired O'Keeffe.

Prefer your art wearable? Head to the **Plaza**, the city's main square, where pueblo Native American crafters selling every kind of handmade treasure line the sidewalks. Also, find locally designed fine jewelry using unusual stones at Mati Jewelers. For pottery, there's no more reputable shop featuring local artisans than Andrea Fisher Fine Pottery. Or wind through the preserved hacienda-style shop

to pick up a quirky folk art piece at **The Rainbowman**.

The **New Mexico History Museum** is a thoroughly modernized tour of the American West through interactive exhibits: Hold your hand over handprints around the museum to trigger an audio story told by a Native American. (There's also a display about Jewish cowboys nearly dubbed "Shalom on the Range.") A notable upcoming exhibit opening June 28, "Painting the Divine," features colonial-era art rescued from Central American churches that were being destroyed or modernized.

Shape your own piece of Santa Fe at **Green River Pottery**, where owner Theo Helmstadter leads small classes using locally sourced materials. Demi Moore made it look easy in "Ghost," but throwing clay takes effort and patience.

**Where to stay:** **La Posada** bills itself "Santa Fe's art hotel," displaying (and selling) local and national artists' work as well as offering easy access to Canyon Road and its half-mile of galleries.



La Posada also boasts a top-notch restaurant and spa.

EVA KIS, METRO

## Eat up

### Foodie haven

New Mexico is the first state with an official question: "Red or green?" Sooner or later, everyone must pick a favorite chile.

Start your day off at **Tia Sophia's**, whose founder lays claim to inventing the breakfast burrito, rolling up potatoes with chile and bacon (eggs were omitted because they were not considered flavorful enough by comparison). It began as a meeting place for city officials, but its hearty, generous breakfasts have made it a local favorite.

Experience the full potential of the chile in one dish with **Il Piatto's** Pan Roasted Chile appetizer, with three different peppers. The farm-to-table restaurant puts a New Mexican twist on its Italian heritage.

Head to **Cowgirl BBQ** for Frito pie, or, better yet, the Green Chile Cheeseburger, which blends beef, buffalo and bacon on a pretzel bun, with brie and chopped chiles. Truffle fries round out the dish, if you can make it that far.

And because no city can claim foodie status without a thriving craft beer scene, Santa Fe boasts six breweries. The prevalent Monks' Ale by **Abbey Beverage Company** is crisp like mountain air. Fans of liquor will be well-served by relative newcomer **Santa Fe Spirits**, which distills several varieties that can be enjoyed at a downtown tasting room.



IL PIATTO  
EVA KIS, METRO

## PLUS

### In the mountains

### Get outdoors

It might surprise you to know that this sunny city has a substantial ski season, with several resorts open as late as April. But warm weather will come again, and when it does there's no better way to take in Santa Fe's scenic beauty than the 50-mile Turquoise Trail drive through the Ortiz Mountains.

Ride the Wave of Bliss spa treatment to relaxation at Ten Thousand Waves in the mountains, just 10 minutes out of town. The zen aesthetic is right out of a Japanese bath house, down to the communal as well as private pools.

At the newly opened **Santa Fe Botanical Garden**, a fruit orchard and cactus garden get their own spaces among the plant species suited to the state's dry climate. A bike trail and outdoor classroom add new ways to enjoy the region's landscape.

**Where to stay:** Sleep among the mountains you'll be hiking at secluded Bishop's Lodge Ranch Resort & Spa. Just step outside your luxurious lodge-style room for morning yoga and Pilates classes, then explore the Sangre de Cristo Mountains on horseback.

## Now renting on HomeAway.com

### Townhouse in New Orleans

It's not too early to start making your Mardi Gras plans. HomeAway has plenty of rental homes listed for your next New Orleans getaway, like this

beautifully renovated, classic Eastlake Victorian townhouse. Located in the Faubourg Marigny neighborhood, which is adjacent to and within walking distance of the French Quarter, this two-bedroom, 1.5-bath home features a



Welcome home! / PROVIDED

formal dining room and a spacious eat-in kitchen that opens onto a private courtyard with a jacuzzi, gas grill and patio furniture. Rates for the townhouse start at \$250/night, making it a steal for families and groups. Search rental ID #

990660 for more information on this listing.





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PARENTING 16

# The best prenatal exercise classes

If you feel like your energy is too low to work out now that you're pregnant, this may perk you up: Exercising regularly during pregnancy has been shown to lead to shorter and easier labors. Ready to get going? We talked to Lindsay Brin, author of "How to Exercise When You're Expecting," about how to work out safely and what you'll benefit from the most.

## Barre

The combination of low-intensity and low-impact make barre classes a great choice. "You get your heart rate up while toning your muscles at the same time," Brin says. Working your core and pelvic muscles in barre classes may make delivery easier. It also will help you develop a new sense of balance within

See more at  
www.metro.us



Exercising throughout your pregnancy is good for you and your baby.  
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## Prenatal circuit training

If you're more into cardio-based exercise than yoga or barre, Brin recommends joining a prenatal class that focuses on circuit training. "It's still endurance-based — which, if you like running, you probably enjoy — but the exercises only last for 30 to 40 seconds, and then you get to rest for 20 or 30 seconds," she says.

## Stroller groups

If you're pregnant and already have a baby, stroller classes are a great option. Some stroller groups go

## Aerobics

## Swimming

"Swimming and walking are some of the best forms of exercise because anybody can do it," says Brin. This aerobic exercise will get your heart rate up and increase blood flow without putting too much pressure on your knees or lower body.

on walks or jogs together. Others incorporate solitary stretches and exercise moves that can be done against park benches.



EMILY  
LAURENCE  
emily.laurence@metro.us

**Pregnancy.** "How to Exercise When You're Expecting" author Lindsay Brin shares her tips.

## Try it out

## Two moves you can do at home

**1 Core twist.** Lie back on your forearms with your knees up and feet planted on the floor. Use your core to gently twist to the left, lifting your legs. Come back to start position and gently twist to the right.



**2 Counterbalance squat.** Stand with your feet hip-width apart and your arms stretched out in front of you. Lower to a squat and hold for two counts.



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### 'Searching for Sarah Rector'

By Tonya Bolden

This book teaches the creation of Indian Territory, focusing on a young girl named Sarah Rector. She was known as "the richest black girl," but greedy adults caused many hardships for her. It's a good educational resource to teach kids about an often forgotten time in history.



## Black History Month books for kids

One of the easiest ways to start a conversation with your kids about equality and race is through story time. Here are five new, enlightening books out just in time for Black History Month.

EMILY LAURENCE

### Write for us!

Are you a mom and want to write for Metro? Email your writing clips to emily.laurence@metro.us.

### 'Knock Knock'

By Daniel Beaty

Poet Daniel Beaty wrote this moving story about growing up without his father, who was in prison. As a boy he missed playing with his dad, and as a young man he missed having someone to teach him how to treat women. He waxes poetic remembering the lessons his father taught him as a child, before he left.



### 'The Blossoming Universe of Violet Diamond'

By Brenda Woods

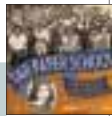
This picture book tells the story of Violet, a biracial child whose black father passed away before she was born. Her mother, who is white, helps Violet learn about her African-American heritage.



### 'The Girl from the Tar Paper School'

By Teri Kanefield

Hearing about a teen Civil Rights leader shows you don't have to be an adult to take a stand. This is the true story of a student who used nonviolent civil disobedience to draw attention to the poor treatment of her black classmates.



### 'Hidden Girl'

By Shyima Hall, with Lisa Wysocky

This YA book was written by a teen who was trapped in modern-day slavery. Her honest accounts of how she was treated, how she escaped and the emotional scars she bears are a good reminder that there is still much to overcome.



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## Horoscope

**Aquarius | Jan. 21-Feb. 18.** Make a point of visiting people who you miss or don't get to see often. Spending time with friends can lead to better days.

**Pisces | Feb. 19-March 20.** Don't take a financial risk. Joint ventures aren't likely to turn out as planned. Generosity can lead to debt.

**Aries | March 21-April 20.** Don't take on something you cannot handle. Problems with friends will hinder your relationship with someone special. Put your priorities in order.

**Taurus | April 21-May 21.** Infatuation based on chemistry will turn out to be unfulfilling. Evaluate any partnership for its long-term potential.

**Gemini | May 22-June 20.** Consider your domestic situation and make adjustments to counter any trouble you foresee. You can make financial gains if you invest in your skills.

**Cancer | June 21-July 22.** Travel or spend time with someone who can offer you knowledge. An exotic destination will inspire you to try something new.

**Leo | July 23-Aug. 22.** You can enjoy life without going overboard. Stick to moderation, and you will make a better impression.

**Virgo | Aug. 23-Sept. 22.** Size up your personal situation and make the necessary adjustments to improve your position. Honesty in relationships should be questioned.

**Libra | Sept. 23-Oct. 22.** Disagreements will result in delays. Keep your distance to make it easier to assess a situation. Meddling will tarnish your reputation.

**Scorpio | Oct. 23-Nov. 21.** Get involved, be a participant and show off a little. The people you meet will add something special.

**Sagittarius | Nov. 22-Dec. 21.** Don't question others when you should be perfecting your own approach. Focus on getting things done to gain respect.

**Capricorn | Dec. 22-Jan. 20.** You need to use caution when choosing whom you want to work with. You can get the most accomplished if you are organized.

BERNICE BEDE OSOL

## Sudoku: Easy and hard

3	4							
						1	3	2
			1	9		3		6
1		3			4	7		
8		2				5		4
		4	2			8		3
	3		8		6	2		
7	6	5					4	5

6					1		3	
				9	5			6
	1		2		6			
1	7	6						5
	5	4		6		9	1	
9						7	6	2
			1		3		8	
8			6	5				
	2		4					3

**How to play**  
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Crossword

## Across

- 1 Precipitous
- 6 Quick reminders
- 11 "Corn" intro
- 14 A Simpson
- 15 Not in a fog
- 16 Lapel ornament
- 17 Stroll
- 18 Touch-me-not
- 20 Call — cab
- 21 Art colony town
- 23 Coach — Lombardi
- 24 Bic product
- 26 Swimsuit fabric
- 28 Be amazed at
- 30 Villages
- 31 Nature walk
- 32 Condor's abode
- 33 Used to own
- 36 Monster-hunter's loch
- 37 Choir selection
- 38 Lower California
- 39 Airline to Stockholm
- 40 Unimpressive
- 41 Deep pink
- 42 Red-tag events
- 43 Sundae topper
- 44 Appointment book
- 47 Nile city
- 48 Greek column type
- 49 Turnpike exit
- 50 Common sense
- 53 More than a handful (3

## Down

- 1 Hoax
- 2 Heavy reading?
- 3 Make blush
- 4 Lamprey
- 5 Salty snack
- 6 Field of study
- 7 Wool suppliers
- 8 Gullet
- 9 Sourdough's find
- 10 Fabric edge
- 11 Capsize
- 12 Sister's girl
- 13 Directory
- 19 Finishes first
- 22 Email server
- 25 Hertz rival
- 26 Gruff
- 27 Stiffly formal
- 28 Natural elevs.
- 29 Fringe —
- 30 Prominent noses
- 32 Lou Grant portrayer

- 33 Frightful
- 34 Partly open
- 35 "What's My Line" host
- 37 Mound
- 38 Transvaal trekker
- 40 Chorus girls
- 41 In good humor
- 42 Grumpy mood
- 43 Rotating part
- 44 Miff
- 45 Third-rate
- 46 Licorice herb
- 47 Sounded like a rook
- 49 Artist — Magritte
- 51 Uh-huh (2 wds.)
- 52 Semester ender
- 54 "I knew it!"
- 55 Dovetail
- 57 Gonzalez's gold

## Yesterday's answer



## Letters

## Let Obama do Congress' job if it won't

**Re: 'Don't get greedy for power, Mr. President' (Metro, Jan. 31 to Feb. 2)** I felt compelled to respond to E. Campbell's letter in your weekend edition. With a Congress that's at best obstructionist and dangerously irresponsible (I seem to recall a recent government shutdown), how can anything get done? Equating the will (or won't) of this Congress with the will of the people is patently absurd. If the use of executive orders is the president's most viable option, he would be derelict in his duty not to use them.

L. GEORGE MCLEAN, VIA EMAIL

## Have some mercy, Metro

**Re: 'Do you know how to go downtown?' (Metro, Jan. 30)** Let me share with you a few phrases that I never again want to read while riding the subway to work: "Funky Brown Chick," "when I go down on her," "more than one orifice," "downtown dining enthusiast," "I really love the way you taste" and "the clit Olympics." I enjoy your advice columns, but that's a little too vivid for 8 a.m.

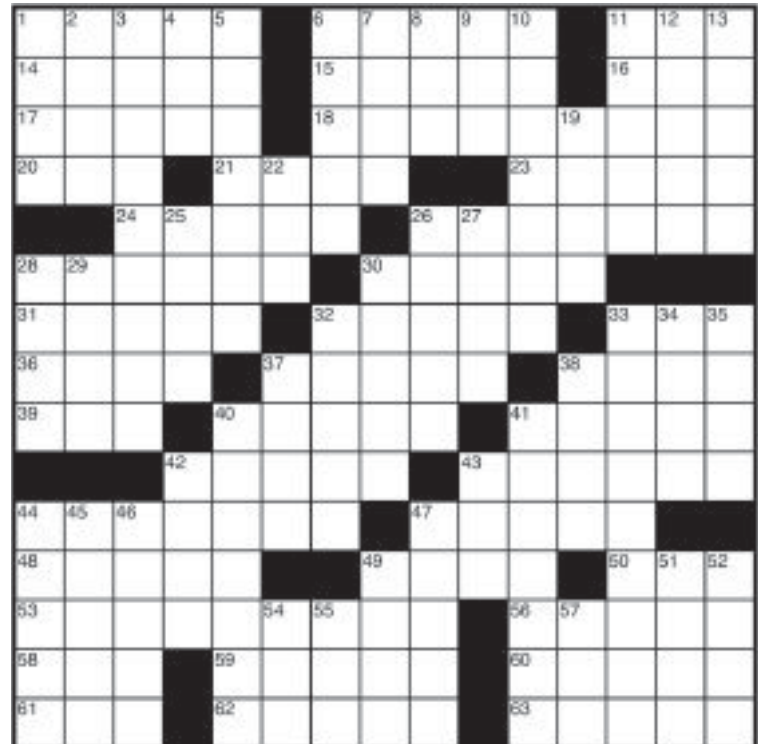
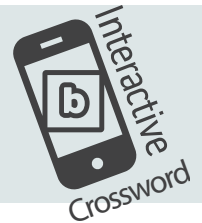
LEOPOLDINE FITZCLARENCE, VIA EMAIL

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Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

## Online

You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle — it's that easy!





# Nothing for something: Isles shop Vanek as he rebuffs deal

**NHL.** The All-Star forward says he would prefer to test the free agent market instead of re-signing.

Three months of Thomas Vanek was much less than the Islanders were hoping for. And yet, that's looking more and more like a reality.

Newsday reported Monday the left winger has turned down a contract extension and plans to test the free agent market once the season is over. The deal was reportedly in the similar range as Vanek's current seven-year, \$50 million deal expiring in June.

The Islanders traded for Vanek before the Oct. 29 game against the

## Re-Tort

### Tortorella apologizes for actions

Former Rangers head coach John Tortorella showed a side he rarely showed in New York on Monday: contrition.

The Canucks head coach, fired last season by the Rangers, was suspended 15 days for trying to break into the Calgary locker room after being tossed from a game on Jan. 18. He returned last night.

"I let a lot of people down," Tortorella said. "I just can't go off the rails as I did. Off the rails? I was off the country." **METRO**

Rangers with the idea he would provide an instant offensive spark — and be re-signed long-term. He has played well, but the Islanders have not developed on last season's playoff appearance when they fought the No. 1-seed Penguins to a seven-game loss in the opening round.

Vanek has 15 goals and 23 assists in 41 games with New York.

"He's strongly leaning toward not making a decision before July 1," Vanek's agent told ESPN New York.

The Isles are now stuck in the position of shopping the forward in order to not cost themselves Matt Moulson and a first-round pick for nothing.



**MARK OSBORNE**  
mark.osborne@metro.us

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The Islanders have been 15-26 since they traded for Vanek to give them a spark on offense. / GETTY IMAGES

# 3

SPORTS

Watch online



Find video and recap of last night's Nets-Sixers game at:  
[Metro.us/sports](http://Metro.us/sports).

## Top honors

### Kidd earns award as top coach

A month ago, Jason Kidd was being ridiculed by anonymous scouts and others within the NBA.

His first 31 games as an NBA coach had not gone well. He was fined for purposely spilling a soda to get a timeout and was forced to remove assistant coach Lawrence Frank from the bench after the two had issues working together.

Ten wins later, Kidd is the Eastern Conference coach of the month, which the league announced Monday afternoon.

"I think it's a great honor for those guys in that locker room because they're playing at a high level and it's very nice recognition," Kidd said. "But it's for those guys that are playing and those guys are playing very well."

Kidd won NBA Player of the Month honors three times — in April 1999 with Phoenix and

November 2001 and December 2002 with the Nets. He is the fourth person to win both awards, joining Larry Bird, Larry Drew and Jeff Hornacek.

"I'm still feeling my way," Kidd said. "It's still early in my young coaching career but I've seen a lot in the first couple of months. But the biggest thing is being able to communicate with those guys in that locker room and making sure we're all on the page."

Kidd is the fourth

coach to win it while with the Nets, joining Avery Johnson, Frank (four times) and Byron Scott (two times). Johnson is the most noteworthy of those winners in recent Net history as he went 11-4 in November 2012 and was fired a month later after the team dropped 10 of 13 games, which eventually set in motion Kidd's hiring.

Kidd is one of nine rookie head coaches in the league, including last night's opposing number, Philadelphia's Brett Brown, who spent time in San Antonio working as an assistant for Gregg Popovich.

Entering Monday, the nine rookie head coaches are a combined 199-223. The ones who have winning records are Phoenix's Hornacek (29-18), Memphis' Dave Joerger (26-20) and Atlanta's Mike Budenholzer (25-21).

"It's much harder," Brown said of his first head coaching job. "It's something I didn't judge properly."

**LARRY FLEISHER**



**KIDD AND THE NETS WENT 10-3 IN JANUARY.**

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# Seattle: 'We seized the night'

## Super Bowl XLVIII.

Pete Carroll and MVP Malcolm Smith met the media one last time before trip home.

You couldn't wipe the smile off Seattle head coach Pete Carroll's face on Monday morning. It's no wonder why.

A day after one of the most dominating performances in Super Bowl history, the Seahawks coach met the media still basking in the afterglow of a 43-8 Super Bowl XLVIII victory.

"I think as we have seen in the past, sometimes games go, and sometimes it can be kind of like an avalanche," Carroll said. "The first score, we had nothing to do with that one. [The safety] was just unfortunate for them on the snap and all. From that



Malcolm Smith's interception return for a touchdown was a backbreaker with the score 22-0. / GETTY IMAGES

### Quoted

**"There's no fan base that deserves this more. Nobody has worked harder at supporting their team with more passion and love and spirit than ours. Yeah, let's shut down the darn schools."**

Pete Carroll, Seahawks head coach  
On Seattle schools closing on Wednesday for the championship parade

point on, we really seized the night."

No where did they seize the night more than on defense, where the Seahawks battered and humiliated the best offense in football during the 2013 season. Denver quarterback Peyton Manning, who threw for a re-

cord 55 touchdowns and 5,477 yards in the regular season, was harassed into two interceptions and a fumble.

The conversation after the game quickly swung from discussing a good defense to placing Seattle among the pantheon of great all-time defenses alongside the 1985 Bears and 2000 Ravens.

"When the names of the teams and the years of [all-time best defenses] come up, you have many big-time defenses that have played," Carroll said. "We'll see. You have to look back, I think, and evaluate rather than call it right now. You won't get me doing that."

The Seahawks, even the loquacious Richard Sherman, were atypically humble after the win. On the field after the game, Sherman said he was just happy to be mentioned in the same breath as great defenses from the past.

"I definitely feel like we're up there," line-

backer Bobby Wagner said Sunday night. "We went against a legend, a guy who's definitely going into the Hall of Fame as soon as he retires, but who knows? We've got to do a lot more; we're so young. If we really want to be the best, we've really got to keep doing it longer than just a year."

Both Carroll and Smith were already looking to that future on Monday. The Seahawks were the fourth-youngest team in the NFL this season and the youngest roster to ever win a Super Bowl.

"We've seen the effort that it takes to get to this point, and, obviously, we'll try to replicate that and do it again," Smith said. "We're looking forward to the next challenges and guys having a target on their back and people trying to come after us."



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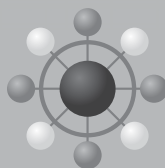
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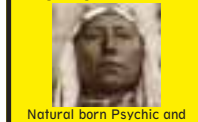
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